

Honey Jicama Sticks



and toss to coat. Refrigerate at pour over the vegetable mixture salt together in a separate bowl; powl. Whisk vinegar, honey, and Combine vegetables in a large

least one hour betore serving.

I Large ficama, peeled and cut

into strips

I Small red onion sliced

Ingredients: Yield 10 servings



<u>Preparation:</u>

Nutritional information for 1/2 cup Recipe adapted from

least one hour betore serving.

and toss to coat. Refrigerate at

pour over the vegetable mixture

salt together in a separate bowl;

bowl. Whisk vinegar, honey, and

Combine vegetables in a large

Sodium 115mg. Fiber 7gm, Cholesterol 0 mg, serving: Calories 90, Fat 0gm,

Rev. 5/2013 www.lapublichealth.org/nutrition Ask the Dietitian County of Los Angeles

- Salt to taste
- 4 Tbsp. honey
- 2/3 Cup red wine vinegar
- I tsp. fresh ginger root shredded Allrecipes.com
 - and minced
 - 2 Green chili peppers, seeded
 - I Small red onion sliced into strips
 - Z Medium red bell pepper, cut
 - I Large carrot, cut into strips into strips
 - I Large Jicama, peeled and cut Ingredients: Yield 10 servings

Combine vegetables in a large

bowl. Whisk vinegar, honey, and

salt together in a separate bowl;

pour over the vegetable mixture

and toss to coat. Refrigerate at

least one hour before serving.







Honey Jicama Sticks



<u>Preparation:</u>





Honey Jicama Sticks

Preparation:



Ingredients: Yield 10 servings

- 1 Large jicama, peeled and cut into strips
- 1 Large carrot, cut into strips
- 2 Medium red bell pepper, cut
- into strips 1 Small red onion sliced
- 2 Green chili peppers, seeded and minced
- 1 tsp. fresh ginger root shredded Allrecipes.com
- 2/3 Cup red wine vinegar
- 4 Tbsp. honey
- Salt to taste

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Nutritional information for 1/2 cup serving: Calories 90, Fat 0gm, Fiber 7gm, Cholesterol 0 mg, Sodium 115mg.

Recipe adapted from

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2/3 Cup red wine vinegar

I tsp. fresh ginger root shredded

2 Green chili peppers, seeded

2 Medium red bell pepper, cut

I Large carrot, cut into strips

Salt to taste

and minced

into strips

4 Tbsp. honey

Honey Jicama Sticks

<u>Preparation:</u>

I Large Jicama, peeled and cut Ingredients: Yield 10 servings

I Large carrot, cut into strips into strips

into strips 2 Medium red bell pepper, cut

I Small red onion sliced

I tsp. fresh ginger root shredded Allrecipes.com and minced 2 Green chili peppers, seeded

4 Tbsp. honey 2/3 Cup red wine vinegar

Salt to taste

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Recipe adapted from

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Allrecipes.com

Recipe adapted from

Fiber 7gm, Cholesterol 0 mg,

serving: Calories 90, Fat 0gm,

Nutritional information for 1/2 cup